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Bangalore Mirror ON SUNDAY

TEMP Max 23 | Min 19 | Humidity 88% Rain or thundershowers would occur towards evening Sensex 57,989 | Nifty 17,100 | Gold 60,370 | Silver 74,400 | Dollar 82.55 | Euro 88.08 | GBP 100.13

CITY / PAGE 5

MONSOON TRAILER?

First summer showers expose Bengaluru's infra shortfall once again

CITY / PAGE 7

DESPAIR

Sharp rise in air pollution causing respiratory disorders, doctors say

DRAIN TEASER: Mound of silt at Halasuru storm water drain, desilted a few months ago, 'used as ramp for earthmover'

THE SILT ROUTE

Fence removed to make way for earthmover not fixed

| Y Maheswara Reddy
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The Bruhat Bengaluru Mahanagara Palike (BBMP) has been spending hundreds of crores of rupees every year for the maintenance and development of storm water drains in the city. However, the condition of the storm water drains remains the same due to the reasons best known to the engineers at the storm water drains (SWDs) wing of the BBMP.

The state of the SWD that passes through Halasuru shall suffice to come to a conclusion on the fitness of the SWDs in other areas of the city. According to the BBMP assistant engineer (SWD), the storm water drain at Halasuru was desilted a few months ago but a mound of silt remains in the channel. It has become a destination to dump all sorts of waste, such as dumping of trash by irresponsible chicken stall owners and residents.

"It is tough to walk on the adjacent road of the SWD. Some residents and owners of non-vegetarian eateries dump garbage in the SWD.

It not only slows the flow of water in the drain but also results in a bad odour emanating from the drain. I want the BBMP to fix this problem as early as possible," said Rajesh

CONTINUED ON PAGE 13 »

"No one from the storm water drains department or Karnataka State Pollution Control Board attends the ward committee meeting

— BR Chandran, Halasuru resident

Whatever happened to pink parking

'Slots previously reserved for women now used by traffic police to park seized vehicles'

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The designated parking slots for women at Brigade Road, popularly known as pink parking, are now part of an abandoned initiative by the Bruhat Bengaluru Mahanagara Palike.

It seems as though the idea of pink parking, with women's safety at the heart of it, is entirely erased from the memories of authorities concerned, residents and visitors of Brigade Road.

The concept was introduced in the year 2017, inaugurated by former mayor R Sampath Raj back then.

"The pink parking initiative was commendable but currently non-existent. The slots that were previously reserved for women are now being used by the general public after the change in the contract. Even when the initiative was introduced, I have seen many men ignoring the signs and parking in the designated area," said Jayapal,

CONTINUED ON PAGE 13 »

2 THINGS TO DO

01 Art x sustainability

Art Commune Bengaluru, are a team who work with the vision to empower every individual to live creatively. Focusing on Visual arts, Chaithanya is a Chitrakala Parishath-certified artist and also has done her apprenticeship under Expressions Fine Arts, and works with various mediums of painting like acrylic, oil, charcoal, water, pastels, mixed media etc.
Where: Bangalore Creative Circus
When: March 19, 11 am – 1:30 pm; Info: 6364010261

02 Art attack

Attend "Folk Art On A Tray", an art workshop by Raju Dyapur. In this workshop, you will be taught to paint flowers on a tray, using oil paints and acrylics. You will be taught basics of using the brush, colour mixing, layering, and more. You will be taken through warm-up exercises to start with, before getting into the painting of flowers on the tray. **Where: Atta Galatta; When: March 19, 10:30 am; Tickets: insider.in**

What leaders read

Opposition leader Siddaramaiah visited the Bangalore Mirror and Vijay Karnataka office on Saturday and discussed a wide range of topics

Campaign but keep the kids out of it please!

Child rights activists urge K'taka State Commission for Protection of Child Rights to prevent children from being exploited during election campaigns

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With the state elections looming, political parties are starting their campaigns for the voters and many of these include children in their campaigns without them being aware of the misuse. To curb any sort of misuse of children for elections campaigns during the upcoming state assembly elections, child rights activists have urged the Karnataka State Commission for Protection of Child Rights (KSCPCR) to take necessary action.

"The irony is that these political party rarely include any benefits for children in their election manifesto but use the children for campaigns. Some political parties are distributing T-shirts, notebooks and other things with their logo and name on it to the children which should not be done. Necessary actions should be taken against these political parties," said Nagasimha G Rao, Director of Child Rights Trust (CRT) who issued a letter.

Rao said that due to these campaigns, the education of the children might get interrupted if they are involved in the same. Article 19 of the United Nations Convention on the Rights of the Child (UNCRC) stresses that the state should take legislative, administrative, social, and educational measures to protect children from all forms of exploitation, abuse, and misuse.

"Even before the announcement of the dates for the Legislative Assembly elections in our state, the political parties have begun their frenzy. In the hope that more people will participate in the election campaign procession carrying the party flag, the process of including children along with the elders is going on. Children are not aware that they are being abused and there are situations where children can be exposed to many kinds of dangers during processions and campaign events. Recently, videos of children talking about political parties have been uploaded on social media," the letter read.

> **"There are situations where children can be exposed to danger during processions and campaigns**
> – the letter to KSCPR

Recently, the child rights advocates also submitted a list of demands catering to the children to several political parties to be added to their election manifesto ahead of the elections.

Rao told Bangalore Mirror that the KSCPCR, which is responsible for the protection of children's rights in the state, should have a discussion with all the political parties involved in the upcoming elections and release an order prohibiting the misuse of children for campaigning.

K Naganna Gowda, Chairperson of the KSCPCR, said that they will release a clear-cut order against this as soon as the Election Commission announces the dates for assembly elections.

"This is very unfortunate and wrong that children are being involved in political activities. We will issue an order against not just the political parties but also independent candidates who might be using children for this purpose... Children have their own rights and should or be exploited for any political motive as it might affect their basic rights of education, health, etc," Gowda said.

He added that he will be urging all the schools, teachers, and parents to overlook the situation and not allow the children to be involved in any political activities.

VK Streets Sambhrama

This Sunday, residents can look forward to the first ever VK Streets Sambhrama being organised by Vijay Karnataka and Bangalore Mirror. The day will begin with Zumba with Amrutha Iyengar (*inset*), Musical Chairs with Khushi Ravi, skipping with Actress Dhanya Ram, Yogasana by Pavana Gowda, live music by 'All okay' team, Rangoli programme with Harshika Poonacha, painting with Naveen Shankar, inauguration of traffic awareness and fire safety programme by Payal Radhakrishnan, children's painting programme curated by artist Kiran and magic show by Uday Jadugar. The programme is organised in association with BBMP, Police and Nava Bengaluru Foundation. The entry is free and programmes will be held between 7 am to 12 pm near Puneeth Rajkumar statue, Adugodi Main Road, near Corporation bank, Koramangala 8th block.

Retribution for killers after eight years

An eight-year-old murder has finally been solved by the Jigani Police. The victim has been identified as Lingaraju Pujari of Vijayapur district.

Bhagyashree and Shiva, the two accused, used to work in Jigani Industrial Area on the outskirts of the city and later they fell in love. Bhagyashree was the victim's sister. However, Pujari did not accept his sister's relationship with Shiva.

One day, the three got into a fight and Bhagyashree, along with her lover, killed her brother. The two killed Pujari and chopped his body into pieces and put it in a bag. The body parts were thrown in different places so that no one could find them.

The accused changed their names and went to Nasik and went into hiding. After eight years, the police have arrested the accused. **— BMB**

Lake biodiversity in danger

Activists and residents claim that Doddakallasandra Lake's flora and fauna is increasingly under threat from Horticulture Department's landscaping and construction work

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TWEETS @BangaloreMirror

A biodiversity study conducted by a city-based NGO in 2019 of Doddakallasandra Lake revealed that the waterbody, spread over 21 acres, has as many as 41 species of trees, over 20 species of wild plants, 13 species of birds, and 29 species of butterflies. In short, the lake had a teeming biodiversity.

However, according to locals and walkers, although a good portion of this biodiversity went for a toss after the lake was rejuvenated in 2020 by the Bruhat Bengaluru Mahanagara Palike's (BBMP) lake division, the horticulture department of the civic body is now pushing it to the brink.

Residents allege that the horticulture department's new initiative to create 36 parks around Bengaluru's lakes under the Amruta Nagarothana scheme is turning out to be detrimental to the biodiversity of the lake.

When the scheme was announced by the civic body a year ago, the plan was to create parks to sustain rich biodiversity.

Agara Lake is one of the 36 lakes part of Horticulture Dept's Amruta Nagarothana scheme

However, locals say the work is only focused on landscaping the area, and the work involves removing bushes, levelling the ground, adding fresh soil, installing sprinklers, planting exotic species, and constructing a toilet.

"The BBMP is interested in landscaping the lake area and not in conserving the biodiversity. Adding exotic species such as royal palms might be aesthetically pleasing, but such trees will hardly benefit birds and butterflies. We spoke to the workers on the ground and they told us that the work is for landscaping," said Raghavendra B Pachhapur, a city-based lake activist.

"We also requested the workers to share the list of trees and plant species that they are planting. However, they refused to do so," he added.

BBMP is expected to carry out the process by adding parks in the 36 lakes, including Byrasandra Lake, Gubbalala Lake, Doddakallasandra Lake, Chunchaghatta Lake, Yelenahalli Lake, Konappana Agrahara Lake, Chikabasthi Lake, Sarakki Lake, Karnoor Lake, Anjanapura Lake, Iblur Lake, Agara Lake, Uttarahalli Lake, JP Park Lake, and Vibhutipura Lake.

Lake activists and netizens argue that any activity carried out inside the lake area should be focused on enriching the biodiversity. Landscaping the area will cause more harm.

"We hardly see birds of one or two species anymore, and even then, the number of individuals is minimal. They should put native species and trees that are fruit-bearing," said Soundararajan Rajagopalan, a resident.

The residents added that the Palike has allowed construction workers to live inside the lake area in makeshift tents. Furthermore, all the activities are being carried out without consulting the locals, who are the biggest stakeholders.

"The project was started nearly a month ago. The BBMP should understand that the lake revival work is not merely for beautification, but also to preserve its biodiversity. Moreover, the officials concerned must collaborate with locals and make them stakeholders in the process," a walker informed on the condition of anonymity.

Int'l fliers taken to wrong gate

In a significant security lapse at the Kempegowda International Airport in Bengaluru, 30 passengers who arrived from Colombo were mistakenly dropped at the domestic arrivals gate on Friday.

The passengers, who were dropped off at the domestic arrivals bus gate instead of the international arrivals bus gate at the Bengaluru Airport, travelled on a Sri Lankan Airlines UL 173 flight, according to a spokesperson of BIAL (Bengaluru International Airport Limited).

However, the terminal operations team rushed to the scene where the CISF and Immigration were alerted of the mishap. BIAL stated further that a human error was responsible for the situation at the airport that ultimately caused the confusion. **-ANI**

Man arrested for smoking on flight

Airport authorities at the Kempegowda International Airport at Bengaluru have arrested a passenger on charges of smoking in the toilet on an Indigo flight, sources said on Saturday. The incident had taken place at 1.30 am on Friday, said sources.

According to the airport police, the arrested person has been identified as Shehari Choudari, and he was travelling from Assam to Bengaluru on 6E 716 Indigo flight.

The accused had smoked in the toilet while the plane was in the air. The crew noticed the smell in the toilet and reported it to the authorities. **-IANS**

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Citizens want end date for Horamavu digging

Unpredictable weather change has been worsening plight of residents

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TWEETS @BangaloreMIRROR

Residents residing close to the Horamavu Agara Lake are being troubled due to delayed work by the Bangalore Water Supply and Sewerage Board (BWSSB). They raised issues regarding the abandoned and incomplete work that is disturbing their everyday life. The unpredictable changes in the weather have worsened the situation.

They are being hassled by the fact that the road close to the water body has been dug up for reconstruction purposes. They also claim that the road was already in a proper condition prior to this initiative.

Surya Desaraju, a resident of the area, told Bangalore Mirror, "The road currently under construction was a nicely tarred road. It was constructed only two years ago and the BWSSB authorities have dug it up again. The residents in this area are unaware of when the authorities will complete the construction."

Most of the residents remain clueless about the purpose behind the work. Although the workers assured the locals that they would install sewage pipes within two days, the latter said that it has been more than a week since the workers started their work. "The road in front of our residence is completely ruined. We are facing trouble commuting. The uninstalled sewage pipes laid on the road are leaving insufficient space for vehicles to move. School-going children must travel to the end of the road to catch their bus. The roads also become muddy," said Srinivas, another resident

This stretch in Horamavu is often muddy, making it hard for citizens to commute; Residents in the area also said that school-going children are forced to walk to the end of the road to board their buses

Uma Maheshwar S, also a local, told BM about the difficulties residents face while approaching authorities concerned to look into the matter. "Although the officials have put up a number for common people to contact the concerned department, it is very difficult for us to approach them. Each department we approach directs us to a different one," he informed.

> **"Although officials have put up a number for people to call the department, it is very difficult for us to approach them**
>
> – Uma Maheshwar S, resident

The Horamavu Agara Lake has been partitioned into freshwater and sewage sections, and the delayed installation of the pipes channeling sewage into the freshwater.

Sam, another affected resident, reported that the delay in the sewage pipe installation is attracting mosquitos. He said that Bruhat Bengaluru Mahanagara Palike (BBMP) trucks dump their waste, and the situation is evolving into a health hazard that can be quite dangerous.

Metro screen doors - it's really happening!

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Bangalore Metro Rail Corporation Limited (BMRCL) has floated a tender for the manufacturing and installation of Platform Screen Doors (PSD) at the Namma metro stations. There will also be training of personnel, including annual maintenance of the system for up to five years, under the Bangalore Metro Rail Project Phase-2, Phase-2A, and Phase-2B.

Platform screen doors are used at metro stations to separate the platform from the train tracks and prevent any accidental falls or suicides at the metro stations. Although BMRCL announced the installation of screen doors at upcoming metro stations back in 2018, this is the first time it has floated a tender for the same. Under the project, PSDs will soon be installed at 50 upcoming metro stations, including six elevated stations and 12 underground stations on the Reach-6 metro line (Gottigere-Nagawara), the complete elevated metro corridor under Phase 2A (Outer Ring Road line) from KR Puram to Central Silkboard, 16 elevated stations, and one underground station between KR Puram and the Kempegowda International Airport Terminal.

BangaloreMirror
Metro passengers want platform screen doors

BM's report on July 28, 2022 spoke about high-rush metro stations in Bengaluru needing platform screen doors

Crowd at Nadaprabhu Kempegowda metro station (File photo); PSDs are used to separate the platform from the train tracks

"BMRCL has received a loan from the Japan International Cooperation Agency (JICA) towards the cost of the Bangalore Metro Rail Project and intends to apply part of the proceeds towards payments under the contract for design, manufacture, supply, installation, testing, and commissioning of signalling and train control, Platform Screen Door/gate systems, and training of personnel, including annual maintenance up to five years," the tender document released by BMRCL on Saturday read.

As reported by Bangalore Mirror, metro commuters have expressed the need for screen doors at existing metro stations several times, especially at high-rush metro stations such as Kempegowda. Recently, after an incident where two first-time metro users tried to cross the metro tracks, which are highly electrified, commuters expressed concerns about the lack of safety measures at the metro stations.

"It is great that BMRCL is planning to install screen doors at the upcoming metro stations. Hopefully, they will do the same for existing metro stations as it is necessary for the safety of commuters. The ridership has been going up and metro stations are really packed during the evening hours," said Rakshita, 23, a regular metro user.

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Illegal?
Kammanahalli

The entire footpath has been encroached by an establishment opposite Lalitha Jewellers in Kammanahalli Main Road, making it difficult for pedestrians.

Traffic trouble
Marappa Garden

Vendors are occupying footpaths and causing traffic jams at a busy junction in Marappa Garden.

Footpath? Hardly
Jayanagar

This footpath near 11th Main, BES college corner in 4th Block, Jayanagar cannot be used by citizens.

Trailer of monsoon woes already?

First rain of season exposes Bengaluru's infrastructural shortcomings all over again

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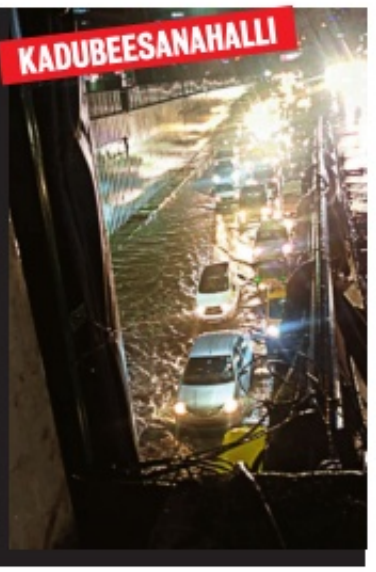

The Panathur underpass, well known for traffic congestions, was waterlogged on Friday night after a spell of rain; citizens had hoped that last year's rains would have prepared authorities better

After last year's urban floods in the city, authorities and the government promised to take quick action to fix the mess. However, it looks like no lessons have been learnt. This year's first major rainfall has exposed the city's infrastructure once again. Commuters were stuck at major junctions in the last two nights as the roads were inundated with heavy rainfall. In fact, the much-talked-about Bengaluru-Mysuru expressway also saw multiple accidents as a portion of the road was completely covered in water.

Waterlogging was reported at Kadubeesanahalli underpass on the Outer Ring Road (ORR) on Friday night. "Whenever it rains, we are scared to travel near the underpass. After last year's mess, we thought the government was serious about fixing the issues. However, March's rainfall has exposed the promise. Now, we are worried about how traffic will be affected as Bengaluru moves towards the rainy season in the next few months," said Sandeep Nadig, a techie who travels on this stretch regularly.

Many netizens criticised the poor infrastructure on social media. One of them wondered how a prominent arterial road was 'drowning' due to 10 minutes of rainfall. Another Twitter user said that laying roads on lakes, ponds, and channels was leading to flooding. Experts had earlier advised constructing a flyover, but an underpass construction was leading to the mess. Another netizen wondered whether it required rocket science to solve the city's woes as even one shower was exposing the city's crumbling infrastructure. Officials said that the water at the junction was flushed out using motor pumps.

The Panathur underpass is known for frequent traffic jams and was waterlogged on Friday night. Netizens said that this was a trailer for the upcoming monsoon, and if Bruhat Bengaluru Mahanagara Palike (BBMP) fails to wake up, things will turn worse.

The Bengaluru-Mysuru road stretch, which has now become a tolled one, was once again partially marooned in rainwater near Sangabasavana Doddi. A commuter who was driving from Mysuru got stuck in rainwater. He said, "As the water entered the car, it stopped functioning. However, in a few minutes, a truck hit it from behind. Now, I want to know who will pay for my car's damage." The expressway was marooned last year as well. However, the authorities had then blamed the heavy rainfall for the mess and promised to take corrective steps. Citizens now wonder if the National Highways Authority of India (NHAI) has ensured proper drainage facilities.

On Saturday, there was a long pile-up of vehicles as traffic movement had slowed down.

"Friday night's rainfall has exposed two things. Firstly, we pay a toll to get a world-class highway, but the expressway is unable to withstand a rainfall. Secondly, this is the main highway that connects the capital city to many districts. If the main expressway gets blocked due to rainfall frequently, then it can affect thousands of people," said Dinesh Gowda, a resident of Ramanagar.

A 360-degree health plan for Shivajinagar is now a reality

Medical facilities are being upgraded throughout Shivajinagar by MLA Rizwan Arshad

During the height of the pandemic, when everyone was scrambling to get vaccinated, there was one part of Bengaluru where citizens didn't have to worry. The Shivajinagar assembly constituency not only led across Bengaluru but even Karnataka in terms of vaccination coverage. Once filled with healthcare facilities struggling to stay afloat, Shivajinagar today has some of the best healthcare facilities across Bengaluru.

Our family members who live in Whitefield were struggling to find a vaccination centre or even a private hospital. But we went to a mass vaccination camp in Shivajinagar and got our vaccines without delay," said Abrar Khan, a resident of Tasker Town. And it's not just in terms of vaccinations. Those who caught the deadly Covid-19 virus also say their healthcare quality was at par with the best.

"I was admitted to a special ward, and the doctors recommended that I be put on oxygen. This was handled very professionally by the staff at Bowring Hospital. My family members were initially terrified because it was reported that there was a severe oxygen shortage. But officials in my case worked hard and ensured that I have a healthy recovery," said Ehsan Sharif, a resident of Jayamahal who contracted the virus in 2022. Many patients report that they could get critical supplies, ration, and beds across hospitals in Shivajinagar without any issues.

There is a palpable sense of excitement for residents living around the Charaka Hospital. The hospital was upgraded to a Super Speciality status during COVID as there was a lack of a government specialty hospital in East Bengaluru.

MLA Rizwan Arshad was instrumental in arranging CSR funds from Infosys to renovate the hospital.

"Approval of recruitment of staff from the government is in process and will be completed in the next four months. The hospital will specialise in Cardiology and Nephrology and will have world-class facilities," said Rizwan Arshad. In fact, Arshad can be credited with the revival of many of the area'slandmark medical institutions.

The Bowring Hospital will be entirely rebuilt with funds of Rs. 330 croresallocated for the same, another victory for Arshad. At the same time, the Gosha Hospital, which was in a terrible run-down state, will have a facelift and will be maintained with the funds from MLA LAD funds.

Medical facilities are being upgraded all across the Shivajinagar constituency. The constituency will soon have three Primary Health Centres (PHCs) that are being built. In addition, four Namma Clinics are functional in Jayamahal, Ramaswamypalya, Sampangiram Nagar, and Halasuru. Several health check-up camps, eye camps, and many other mass check-ups are being held regularly. Most recently, in Sampangiram Nagar, free cataract surgeries and eyeglasses were made available to the poor.

Within the following year, Vasanthnagar will soon have a dialysis centre. In Bharathinagar, the Poor House Hospital for maternity is being upgraded to a super specialty hospital with a new operating theatre and a dialysis centre. Additionally, a new de-addiction centre is being constructed at Nehrupuram, Shivajinagar, to eliminate the drug menace.

"Besides Covid-19 focused healthcare, I am also working towards a holistic healthcare plan for the people of this constituency. As a result, we are also focusing on upgrading the general health and sporting facilities in Shivajinagar. In addition, areas that see high footfalls, like Russel Market, are regularly sanitised. Over the coming years, I will continue to implement all the plans we have made to make healthcare in Shivajinagar truly comparable with the best facilities worldwide," said Arshad.

THE SUNDAY READ

Core issue

Activists raise concern over infra development in core areas of Kali Tiger Reserve, forest officials insist activities completely okay

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Wildlife activists have raised the issue of illegal construction and infrastructure development in the core areas of Kali Tiger Reserve. They say various illegal construction activities have been taken up inside the reserve area without approval.

An orchidarium, jungle safari, and canopy walks are some of the alleged illegal activities that the activists have highlighted.

Activists say the recently inaugurated orchidarium in a nursery area located in the core area of Kali Tiger Reserve thus violates the Wildlife Protection Act, 1972, and the Supreme Court's order. All construction activities in the core areas of tiger reserves, wildlife sanctuaries, and national parks are banned as per a Supreme Court order.

"The orchidarium has recently been inaugurated by the forest department. To build this facility, nine fully grown trees were felled down in the core area of the tiger reserve. When locals opposed the activity and raised questions, the department informed them that the trees are being removed to ensure the safety of a nearby water tank. However, the water tank was also removed later and the orchidarium was constructed," said a wildlife activist in the area on condition of anonymity.

Apart from that, jungle safari being carried out at the Castlerock area of Dandeli sanctuary, which is under the administrative control of Kali Tiger Reserve, has also raised concerns. Concerned locals say there is no mention of a jungle safari in the tiger conservation plan of Kali Tiger Reserve.

"The canopy walk is illegal as there is no mention of it in the tiger conservation plan of Kali. Although complaints were given to NTCA, instead of taking action against illegal construction, NTCA gave a report in favour of canopy walk stating no separate approval is needed thereby contradicting their own 2012 tourism guidelines which clearly states no new tourism infrastructure shall be set up in and around the tiger reserves. Further, the Karnataka Tourism Policy clearly states No new tourism infrastructure shall be set up in wildlife-protected areas. Many private resorts and homestays have come up in the Castlerock area which highlights canopy walk as one of the major attractions," said the activist.

"As far as the orchidarium is concerned, it is being done only from the conservation angle. Orchids are rare species and we need to study them to propagate them better. Moreover, only a couple of domes have been built –Kumar Pushkar, APCCF

Locals allege that while several complaints have been raised with the forest department in the past, no action has been taken so far.

"We have been raising the issue of illegal construction in the core area of the tiger reserve for a very long time and have also submitted photographic evidence along with complaints to the Principal Chief Conservator of Karnataka Forest department. However, no action has been taken so far," said Ravi Redkar, a wildlife activist working in the area.

When BM reached out to the officials from the forest department, they said these issues are being raised by some disgruntled locals and all the activities being taken up inside the reserve are legal.

"These kinds of allegations are probably from some disgruntled people. As far as the orchidarium is concerned, it is being done only from the conservation angle. Orchids are rare species and we need to study them to propagate them better. Moreover, only a couple of domes have been constructed in a spot that had a forest nursery on the roadside. And, while Castle rock is part of the forest area, it is not in the core zone and vehicular movements are anyways restricted," said Kumar Pushkar, APCCF (wildlife), Karnataka Forest Department.

Owners hold edge in BTC elections

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It's election time at the Bangalore Turf Club (BTC) and the club membership aspirants are busy campaigning on the final day before the polls on Monday. The prestigious BTC membership elections each year generates big hype and interest in the horse racing circles. This time 10 candidates including three sporting horse owners, an equal number of doctors and a Special commissioner, BBMP are in the fray for the five membership spots on offer.

This year, it is clear that the winds of change are blowing in favour of the owners, the club members rightly deciding to support the race horse owners and promoters of the game. Aware of the fact that the 28 percent GST slab following the pandemic has hit racing hard, a number of owners forced to quit the sport, the members understand that the onus is on them to support and encourage the owners who have made big investments in the game. Daulat Chhabria, Shankar Srinivas and Manoj Kumar are three owners who apart from investing in horses have time and again promoted the game, sponsoring racing events and that is a big plus taking into account that BTC is finding it hard to attain the required financial stability. Well the chirping of the little bird on top of the big tree,at the BTC premises indicates that in the membership race, the three owners and Dr. D L Deepak are the frontliners

This year, winds of change are blowing in favour of the owners with club members deciding to support the race horse owners and promoters of the game

A senior member disclosed that the new approach and mindset of the members is laudable and it is appreciated in the sporting circles. We need the owners for the sport to get to the next level and without good and sporting owners you just cannot scale up the ladder, pointed out the member adding that members need to also take into account that regular racegoers who are passionate about the game too make big contribution to the game.

A couple of BTC election pundits revealed that apart from the four hot picks, the fight is on to clinch the coveted spot and at the end it all boils down to the decision of the members on Monday.

'Something foul in our lungs'

Significant rise in air pollution in Bengaluru has caused various respiratory disorders among citizens, reveal doctors; they see two to three cases related to respiration every day

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TWEETS @sridharvMIRROR

There has been a rise in cases of people with black patches in their lungs, say city doctors, and this could be due to an increase in air pollution.

Healthcare experts say that there has been a significant rise in air pollution in India over the past few decades, particularly in urban areas, and this has been linked to various health problems. As per a report, Bengaluru's air pollution had gone from bad to worse in 2022.

Dr Vasunethra Kasargod (Consultant - Pulmonology, Manipal Hospital, Millers Road) told Bangalore Mirror that long-term exposure to air pollution is associated with respiratory disorders like chronic obstructive pulmonary disease (COPD), bronchial asthma, chronic bronchitis, and rarely interstitial lung diseases. All age groups are affected. Symptoms may include chronic cough with phlegm, wheezing episodes, recurring chest infections, and breathlessness. Some patients also have grey-coloured sputum production too.

"We are seeing two to three cases everyday related to this. At home people can use air purifiers and start wearing masks when stepping outside. It is also important to maintain a healthy lifestyle, including regular exercise and a balanced diet, as this can help strengthen the respiratory system and reduce the risk of respiratory problems," he said.

Increasingly poor quality of air in the city is definitely affecting more people, said Dr Sunil Kumar K (Lead Consultant - Interventional Pulmonology, Aster CMI Hospital).

PIC FOR REPRESENTATION ONLY

All age groups are affected by the increase of air pollution

The effects of air pollution on human health are still a major problem on a global scale, he said. The body's ability to remove pollutants declines with age, making elderly people more vulnerable to air pollution. The consequences on these populations' quality of life can be exacerbated by a variety of factors, including proximity to industrial air pollution sources, underlying health problems, inadequate nutrition, stress, and other factors.

To limit the amount of air pollutants indoors, people should use clean fuels, improve their stoves to burn fuel more efficiently, and vent emissions to the outside, he said.

Limiting exposure to both indoor and outdoor air pollution can lessen the chance that people with chronic respiratory conditions like COPD will experience an acute deterioration of their condition. For asthmatics, less exposure can postpone the start of asthma. Regularly undergoing therapy under medical supervision is encouraged.

Dr Anjali R Nath (Consultant Pulmonologist, SPARSH Hospital) told Mirror that during covid, there were a lot of restrictions on vehicle movements. Post lockdown, there has been an increase in asthma and other respiratory ailments.

"Patients come in with cough, breathing difficulties, wheezing sounds, productive cough which are the common symptoms seen. Few of them have a viral infection or a bacterial infection component," she said.

Dr. Sheetal Chaurasia (Consultant - Pulmonary Medicine, Manipal Hospital, Whitefield) added, "As India celebrated the Holi festival for the first time after covid-19, individuals with COPD, allergies, and asthma may also have been exposed more to various allergens. These allergens can be absorbed through the skin or inhaled."

Enjoy your Sunday cycling

A free program for bicycle training will be launched on Sunday, March 19 at 9 am in Cubbon Park with the goal of enabling people to learn cycling and confidently navigate city roads as cyclists.

The Directorate of Urban Land Transport in collaboration with Karnataka Bicycle Dealers Association (KBDA), and Decathlon with the support of the Bangalore Bicycling School (BBS) and Citizens for Sustainability (CIFoS) are launching 'Pedal Shaale (School)'.

The school will be spread across at different locations of the KBDA and Decathlon stores. Professionals who have been certified by the BBS shall be nominated by the KBDA and Decathlon to instruct enrolled individuals.

The free-of-cost program welcomes individuals above the age of 12. The training schedule of this innovative school shall take place according to the convenience of the trainees, trainers as well as stores. The cycles shall be provided by the collaborated partners to help enthusiasts learn cycling.

"This is the first time in the country that a structured methodology has been initiated to help cycle enthusiasts learn the art of cycling. A lot of people over the past few years have not explored the art of cycling because of its diminished popularity," said Satya Shankaran, the Co-Founder of CIFoS and Bicycle Mayor of Bengaluru.

Four-wheelers have taken over the interests of people. Pedal Shaale aims to help them become more confident, he added. **-BMB**

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

TO A SONGBIRD

A red-vented bulbul on the outskirts of Bengaluru

The picture was clicked by reader **Jacob Samuel B**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Bhadrappa Layout: Don't spoil the look

Residents fear spread of diseases as garbage piles up on roadside

Shreyashi Mukherjee
c-shreyashi.m
@timesgroup.com
TWEETS @BangaloreMIRROR

The residents of Bhadrappa Layout, near Sahakar Nagar say that the side of the road is filled with garbage. It is unhygienic and can affect the health of the people staying nearby.

According to them, the garbage pile is increasing with every passing day and can cause a number of diseases. Anand Kumar, a resident of the area, said, "The garbage pile is increasing every other day. There is no supervision at all by any authorities. We are all facing a lot of inconveniences as it is very unhygienic and it will attract a lot of rodents that will cause diseases among people." Other residents added that the area was not even cleaned once.

Abhinav K, another resident, said, "The area has been like this for a very long time and no one has even come to clean it. There have been instances where people have even burnt garbage here and it caused breathing problems to so many people. There must be strict action taken to stop the people from littering the road."

Residents are also fed up due to the stench that emanates from the garbage dump in the area.

Aman Sharma, another resident, told Bangalore Mirror that whenever people cross the area they get such a bad stench that they are left with no option but to pull up their car windows or hold their breath.

"If the area is not cleared up soon then the smell will spread and everyone will face the problem," he said.

Furthermore, the residents fear that the garbage will attract a lot of pests and rodents that spread deadly diseases all over the place.

"Because of the garbage all over the place, all sorts of insects are spreading in the area. Even rats are increasing so much in the area. It is not good as it will spread a lot of diseases," another resident informed anonymously.

"Since the area always looks so dirty, people think that this is the place where they can throw their garbage. Even the stray dogs are making the place even messier," said Richa Agarwal, another resident.

Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) official said that they would send people to clean the area soon.

The garbage pile is increasing in size with every passing day on the side of a road in Bhadrappa Layout

"The area has been like this for a very long time and no one has even come to clean it. Strict action must be taken

– Abhinav K, resident

DID YOU KNOW?

Rail Wheel Factory (RWF) in Yelahanka is known to manufacture wheels, coaches and locomotives for Indian Railways. The project was initiated by CK Jaffer Sharief, who was then the Railway Minister. He is also credited to have brought the project to Bengaluru. The unit was established in 1984, with the motive to meet the indigenous capacity of Indian Railways for standard wheels and axles. The factory has a projected production capacity of 70,000 wheels of various sizes. Its workforce comprises over 2000 employees and is known to generate an annual turnover of approximately 82 crores. It was also known as the Wheel and Axle Plant. The factory serves to be one of the most prominent landmarks in Bengaluru.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How are you preparing yourself for summer?

Charles Ambrose, BM Reader
I plan to stay hydrated, seek shade, and wear lightweight clothing for the summer heat.

Daisy Sharma, BM Reader
As the mercury is gradually soaring up, we need to prepare ourselves to cope with the weather by keeping ourselves hydrated, eating seasonal fruits and vegetables, and wearing cotton outfits. Besides all these, we have to take ample amounts of rest as this weather tires people easily.

Nithish P Byndoor, BM Reader
We are welcoming summer with much hotness, and the harshness of the sun is increasing day by day. I'm going to opt for liquid food in order to accept summer. To help animals and birds, I will keep a small amount of water in and around my house.

Vinod Kumar D Chavan, BM Reader
I wake up at 5 am and hydrate my body with 1 litre of water, take cold showers twice a day, and wear cotton clothes. I make sure to drink ample water, 4 litres a day, one tender coconut, eat cucumber, and consume lime water with honey to boost my sports performance.

Nandini N, BM Reader
Being a working mother, my priority is to balance my personal as well as my professional life. At home I try to prepare a variety of items that help my family beat the heat. I carry fruit juice with me to sustain the heat outside.

Vinay S Kumar, BM Reader
I prefer taking walks early in the morning as summer is the best time to lose some weight. I wear cotton clothes, preferably light-coloured clothes. I avoid eating outside food and I consume an ample amount of water.

SPEAK TO US

Suggest some of the effective recycling methods that can be implemented to reduce waste in our day-to-day lives.
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

 # Wordle boys' club

In a new interview with The Hollywood Reporter, Ben Affleck revealed that he has a "celebrity Wordle group" with a few close friends in the industry: Matt Damon, Jason Bateman and Bradley Cooper

All hearts

Athiya Shetty, posted a cute picture of her cricketer husband showing support to a teammate while they were both batting.

Here's what she wrote in her Instagram stories, "To the most resilient person I know." She tagged her husband and also sent him a heart emoji. It is refreshing to see that the celebrity couple are obviously head over heels in love, having recently gotten married. They had a much-talked about and lavish wedding in Khandala at Suniel Shetty's farmhouse in January.

Fans seem love Athiya's posts and also love her endearing and enduring love story. Recently, a leading magazine, had put the Athiya-Rahul on their February digital cover. The magazine had spoken about the couple radiating a sense of tranquility.

—ETimes

Body of work

Shraddha Kapoor left everyone gasping for breath when she flaunted her razor-sharp waistline and toned bikini body in Luv Ranjan's recently released film Tu Jhoothi Main Makkaar. Her fitness trainer and nutrition coach Maahek Nair, who has been training Shraddha for over a decade, has revealed the secret regime to the actress' enviable physique.

She said that Shraddha was always a lean girl and over the years they have been working together on building strength, endurance, mobility, flexibility and balance. To develop a hot and toned body, Shraddha was put on a specific workout regime and diet.

"We always begin with a five-minute meditation to set the mind for a great workout. This is followed by five minutes of foam-rolling, 10 minutes static stretching and 10 minutes of mobility drills. The last 25 minutes is a combination of Strength and Endurance workouts along with gymnastics. We close with a five-minute meditation to relax the body" Maahek told Money Control.

—ETimes

DIVA IS BACK

After stunning red-carpet looks, Deepika aces airport style

After shining on the global platform, Bollywood diva Deepika Padukone returned to India from Los Angeles. The actress was one of the presenters at the 95th Academy Awards.

Dressed in an all-black outfit, Deepika looked gorgeous as ever as she got spotted and snapped at the airport. Her matching shoes, glares and hand bag complement her overall stylish look.

The actress was seen smiling for the paparazzi as she made her way from the airport towards her car.

As soon as the photos were shared on Instagram, likes and comments poured in from all sides. While one fan said, 'Welcome back Deepika', another one added, 'Wow, she is so stunning!' A fan also commented, 'Queen is back'.

For her red carpet look at the Oscars, Deepika stunned in a black off-shoulder gown. Recently, the actor shared a video on Instagram Reels giving a sneak peek of how she got ready for the award ceremony.

—ETimes

Stunning throwback

Veteran actress Zeenat Aman has shared a throwback picture from 1977 saying it is to inspire "evening plans" for Saturday.

Taking to Instagram, Zeenat shared a monochrome picture dressed in a neck plunging sequined dress. In the picture, she can be seen combing her hair.

She shared the picture with the caption: "Some Saturday glam to inspire your evening plans! I've seen this image of myself floating around on the Internet, and thought it would be good to add some context to it.

"The year was 1977, and the cast and crew of Krishna Shah's Shalimar had gathered at the Turf Club in Mumbai for the film's 'mahurat'. It was a packed, high-profile event and everyone was dressed to the nines.

—IANS

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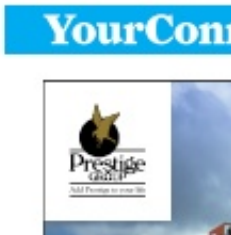

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NR. ISHA Foundation, NH 44 - Blore-Hyderabad Rd, Nr. 1000 Bed Govt medical college, Loan avbl. Ct: 9538885570, 9538885530

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BEHIND MANYATA sale 20x30 New BDA 2 Houses 4 Bhk Duplex and 2 Bhk 3 Portions Behind Vibgyor School.Call 9741370007 / 9741555787

JALAHALLI

FIRM Registered JDA GPA N-Facing Property Available for Construction to Builders at Old Jalahalli Bus Route Nr Ring Rd, 30x40 (4sites): 9886688996

JAYANAGAR

FOR Sale.4050 Sqft With old house Jayanagar 4th Block West Facing Near Metro-Station Good Location Contact: 98456 65618

SALE, north facing 40*60 BDA plot with house, 4th T Block Jayanagar @ 6.85 Cr, Brokers Excuse, Ph no. 7676968915, 7676968966

SALE, north facing 4800 Sft plot with house, 3rd Block Jayanagar @ 12 Cr, Phone no. 7676968915, 7676968966

A LEADING REAL ESTATE DEVELOPER

Since 40 years having completed and doing number of projects in Townships/Villas is looking for General Manager-Sales & Marketing with 100% Dynamic, Aggressive, Dedicated, Well Experienced & Independent Capacity to take Full In-Charge of 4 branch offices and 100 staff along with 5 to 6 newly launched projects. Role requires coordination with all Teams and to directly report to the Managing Director. Compensation will be commensurate to the experience.Kindly mail your updated latest resumes to

developersdirector@gmail.com

VISVESWARAIAH LAYOUT

SMV/ KEMPEGOWDA Lyt 1st-9th Blk 20x30,30x40 40x60 50x80 Sites Avail at Good Location Immediate Registration: 9845 488 488

SALE 30x40 VISHVESWARAIAH LAYOUT 4th Block south facing 73lakh Negotiable. Contact: 9945373839, 9620041313

WHITEFIELD

A Khata Plot for Sale at Whitefield in a Gated Community. 7440 sqft North Facing Price at Rs.7,500 per Sqft. Ready for Registration. Contact: 9538286302

VARTHUR Residential NW Corner 34x35 Plot BBMP A Katha Sale Price 50L, AECS Layout Commercial 50x80 BDA Property Sale Call 9845031758

WILSON GARDEN

BUILDING FOR SALE 50×80 West Facing "A"Katha Near Jain Temple Wilson Garden Police Station Road. Call: 9341346150 / 8660574737.

YELAHANKA

KOGILU AGARAM Road ADI's NORTH LAKE Gated Community 1270 Sft 3 Balcony Car Park, Power Back Up. Call: 8123826879

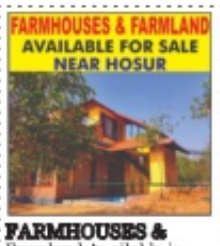
JUDICIAL Layout 60X40 North Face on 40ft Rd Adjacent to 60ft Mn Rd, Prime Location, 500mtr from Bellary Mn Rd. Contact: 9620248923/ 9900058907

FOR SALE Near Yelahanka @ the price of Residential Site. Ready for Registration Call :9019966688/ 9606557071

YESHWANTHPUR

SALE at Salarpuria Luxuria, Duplex 5 BHK, 4300 sft penthouse, exquisitely furnished, nice view, call Rajan Sood 9980132655.

FARM HOUSES

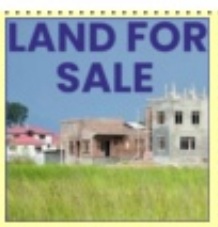


FARMHOUSES & Farmland Available in Managed Farmland Projects Nr Hosur. Plots @ 130Rs/sft. Call: 6364684242

TOTAL 175,329SFT, Nearby Prestige Golf Share attached to Mantri Villa, 2km from NH7, 10km from Airport: 9844458674

FARM LAND ON HILL TOP Fully Developed in BALI Style, 27 Lacs for 20 Cents/ 8700sft @ 295/sft. Near Hosur. 2.5 hr Drive/85 km from Whitefield, Indiranagar, Call: 9845442142.

LAND FOR SALE



CHIKKABELLAPUR On Highway 100 Acres 1Cr Per Acre & Narasapura 5 Acre Converted Land 5Cr Per Acre. Call 9845064271

FOR SALE

BANGALORE

LAND FOR SALE NEAR MAGADI ROAD METRO STATION 20,000 SQ FT AT RS 10,000/- PER SQ FT IDEAL FOR CAR WORKSHOP OR WAREHOUSE/GODOWN Cont: 9900136607/9900596507

FOR sale hospital (sarjapura rd) monntessori school (singasandra) in rental premise with a good annual returns call 9886503032 brokers plz excuse

FACTORY / WAREHOUSE SPACE AVAILABLE FOR LEASE
NORTH
FACING
50,000 G.F + 53,000 F.F (Total=1,03,000 Sq.ft)
Walking distance from upcoming Bommasandra Metro Station. PEB Structure under construction. Can be modified as per requirement.
Contact: 9916699266 / 9972511356 Email: vsvp.assets23@gmail.com

2 Gated Community Villas For Sale At Bangalore Sajapur, Celebrity Natures Habitat. Call- 7899371895

OUTSIDE BANGALORE

TUMKUR

50000+ SQFT Warehouse for rent at Tumkur, Hirehalli Layout. Contact : 9620207721.

PROPERTY ANCILLARIES

COMMERCIAL PREMISES

COMMERCIAL BUILDING of basement , grd + 2 floors on 50x80 plot near shetty lunch home . Call- 9819294440/9819605440

COMMERCIAL SPACE, 1380Sqft AVALABLE FOR SALE AT PRESTIEGE TOWER, RESIDENCY ROAD. Cotact- 99868 99997.

RENT 850 sqft 14 ft height, Kamraj rd,suitable fr 2 wheeler show room, medicals,Godowns, gold workshop,distributors, banks.9448084660 / 9886297817

FARMS

150 ACRES, 50+Cottages, 500 + Customers, 75% Amenities Completed 9900337711, 7760574999 www.divineeuphoria.co.in

FARM LAND Development Co., By BALIHINDH: Do u Own a Farm Land? Develop it with Plants/ Landscaping + Farm Cottage + Pool, Call: 9845442142

INDUSTRIAL PREMISES

SALE yeswanthpura BDA Industrial Land, 15000 sft 45000.sqt Building G+4, 200 kVA, Rental income 8 Lakhs/ month. Srinivas: 9342342978

SIR M. Visweshwaraiah Indl. Layout, Jp Nagar 9th Phase 3rd Blk 45x80 E/F, Nr Bus Stop 40ft Rd, fully developed. M : 9845286383

WANTED 3 Acres Industrial converted land in and around Hosur Thally road or krishnagiri road before Ashok Leyland unit 2. With or without building. Brokers excuse. Contact 9845588666

RENT Factory Industrial Building/Warehouse/ Power 13200Sft Behind RNS Motors Raghavendra Lyt Yeshwantpur Call: 9886093989 / 9972439399

LEASE & RENT

PALACE GUTTHALLI Rent 75k Adv 10months & Running Minral water Mini Factory for Rent 50k. Adv 3.5L: 9886196889

FOR-RENT office space nr Indiranagar metro station on C M H Road 1st floor- 1200 2nd floor1650 3rd floor1650 terrace 1600 with lift access and backup also available basement 1000 for two wheeler parking.Ph:owner 9986479738

RICHMOND Road premium showroom / retail space 1410 sqft with 2 carpark 12 feet ceiling Rent 140,000/- Call 9980450000

BRIGADE Road Raheja Chancery office space 3425 sqft with 2 carpark, With OC Rent 60/- SqfFt neg. Call 9980450000

business

LOANS

MORTGAGE LOAN, PROJECT LOAN, NPA LOAN Contact # 8693873398

jobs

SITUATION VACANT

ACADEMIC

PRINCIPAL

VISHWA CHETHANA PU AND DEGREE COLLEGE & SCHOOL
Hosur Road, Anekal-562106

WANTED

School Principal
PG, B.Ed with 10-15 years Experience

PU College Principal
PG, B.Ed with 10-15 years Experience

Asst. Professors for Degree
PG + additional Qualification

Subjects: Commerce, Computer Science, Biology Mathematice, Physics

E-Mail: prakashvc2022@gmail.com

TEACHER

VIDYA NIKETAN SCHOOL, HEBBAL, Affiliated to I.C.S.E / ISC / IGCSE Invites applications from well qualified experienced Post Graduate lady Teachers for English for High School and ISC classes and • Qualified special educators to teach English and Business Studies for students with academic difficulties. Please apply immediately to: vidyaniketanresume@gmail.com Vidya Niketan School # 30, Kempapura, Hebbal Bangalore-560024. Ph: 23331581 / 23581340

URGENTLY required experienced FEMALE TEACHERS in WISDOM INTERNATIONAL SCHOOL as shown below : - (a) All Subjects for High School/ Primary. (b) Computer Teacher, (c) Typist English, Hindi & Kannada, (d) PET (Male staff only). Walk-in interview immediately Call: 76767 09640 / 99007 23904.

EUROKIDS Thanisandra & Hebbal Req Female Center Head & Teachers Fresher/ Exp Good Commun Ph: 9535078600 Email: info5446@gmail.com

NCIPS
NEW CAMBRIDGE INTERNATIONAL PUBLIC SCHOOL
CA Site No. 6 (P), WOC Road, II Stage, Mahalakshmipuram, Bangalore - 560 086.
Email ID : info@ncips.in
Contact : 9845087439

Required Vice-Principal
Expertise in English and Pre-primary co-ordinator with minimum 5 years experience in CBSE School

REQUIRED TEACHERS
B.Sc/ M.Sc/B.A /M.A/ B.Ed for High School / Middle Primary with 5 years experience handling CBSE syllabus for **English, Hindi, Maths, Kannada, Science, Social, Yoga, information Technology & P E Teacher with B.PEd.**

SURYODAYA National Public School, Rajanukunte, Yelahanka Taluk, Bengaluru -560064 invites applications from qualified and trained graduate lady teachers for all subjects, also NTT, art and craft, dance, music, computer science, special educator teachers apply immediately to: srr305@gmail.com Ph- 9845540663

REQUIRED Phy, Chem, Math, Bio lecturers. Best salary whatsApp only (don't call) 7676557564, Deevige classes Malleshwaram Pvt Ltd.

ACCOUNTS

ACCOUNTANT

ACCOUNT Exe (1-3yrs) & Account Mgr (3-6yrs) required for a Real Estate co. Knowledge of Tally, GST, TDS, PF reqd. Em: hr@addressadvisors.com Mobile : 7411502807

WANTED Accountant with Tally/ Banking/ GST, starting Rs.12k -15k @ Vasanthnagar divine.properties23@gmail.com Ph:- 99729 52727

ACCOUNTS & FINANCE

WANTED
SENIOR ACCOUNTS EXECUTIVES
Experience of 5-6 years must
Should be in a position to Handle Accounts Individually on Tally.
Job Location:
Budigere Cross, Bangalore
SILCON STEELS PVT LTD,
Manish Gupta - 9880723484
Email - brpc16@gmail.com

MARKETING, ADVERTISING & SALES

SALES

WALK-IN INTERVIEWS on 20th & 21st March b/w 11- 5.pm SALES EXECUTIVE, SUPERVISOR, STORE KEEPER with (1-2 yrs exp) in FMCG. ANUSUYA GREENS (Mfrs., of Ice cream & dairy products) No.59/1, Ramskanda, K.R.Rd, Basavangudi, B'lore-4 Ph: 98458 34088/ 99000 64054 Email: info@guhaninti.com / vijay@guhaninti.com

HIRING experience Counter sales staff for Mens and women's wear store , Malleshwaram, Jayanagar & Commercial street. Salary 18 to 23k plus incentives. Immediate appointment. Contact- 9448260445

OTHER VACANCIES

CALL CENTRES

WANTED Telemarketing Executives for Admission process best salary +incentives WhatsApp only 7676557564. Deevige classes Malleshwaram

DRIVERS

WANTED Car Drivers with good English knowledge, 3+ years of exp with a yellow badge for Japanese travels Contact: 9606490968 /9606490902

MULTIPLE VACANCIES

WALK-IN-INTERVIEW
1.Store Keeper- Male
2.Purchase Executive- Male & Female, Accountant / Manager & Qc (All Exp in Block Factory & Crushers) Drivers (Heavy Vehicles) Mechanics- Commercial & Machineries, Qc Asst Auto Electrician (Exp in Vehicles & Machineries) shanmugam.jyothigroups@gmail.com±919148578880 / 7899730080

SECURITY

SECURITY SERVICES are Reqd immdtly for Construction Company in Mysore. We are looking for well experienced young & energetic 10 Security Guards for 2 shifts. First Preference Ex-Army Person Security Agencies. Food & Accommodation Provided Skillset: Read / Write Must and Stood. (English & Hindi (or) Kannada) "Santhoshelters Private Limited" Bogadi, Mysore. Mob: +91 – 9611113680 Email: projects@santhoshelters.com

TECHNICAL

ENGINEERS

WANTED Engineers, B.E (Mechanical)/ Diploma (Mech) 3-5 yrs experience. "Vinumac" #205A, Peenya 3rd phase, Bangalor-58 Ph: 080-28391959, 28394512 admin@vinumac.com

SITUATION VACANT

A Reputed Construction Company required the following staff having minimum 5 years experience, for their Civil Construction sites in India.

Senior Civil Supervisor
Diploma / Degree
Civil Quality Engineer
Diploma / Degree
Billing & Planning Engineer
Diploma / Degree
Surveyor ITI / Diploma
Safety Officer
Degree with Safety Certification
Accountant B. Com
Store Keeper Any Degree

RAY CONSTRUCTIONS LIMITED
Ray Compound, Plot No.2, Block No.2, IIT Market Post, Powai, Mumbai - 76.
Tel : 022 25787190
beena@rayindia.co

Storm water strain

CONTINUED FROM PAGE 1

Krishna, a resident of Jogupalya.

It is believed that residents have raised the issue during the ward committee meeting but nothing has been done to remove the mound of silt or to prevent people dumping garbage in the SWD. "I have raised the issue during the ward committee meeting. No one from the storm water drains department or Karnataka State Pollution Control Board attends the ward committee meeting," said BR Chandran, a resident of Halasuru.

Residents of Saraswathipura complained about the negligence of SWD engineers for not taking measures to fix a portion of the fence that was removed to facilitate entry of an earthmover engaged for removing silt from the drain.

"I do not know what has prevented the BBMP engineers to fix the fence that was removed a few months ago. All types of waste are being dumped at this location," said Naveen Krishna, a resident.

Meanwhile, BBMP assistant engineer (SWDs) Vikrant Kumaraswamy said the fence was removed to make way for the earthmover for removing silt from the drain.

"The mound of silt was used as a ramp for the earthmover to enter the drain. I will ask the contractor to remove the silt and take measures to fix the fence," said the assistant engineer.

BBMP assistant executive engineer (SWDs) Renuka S said she was not aware of the issue. "I will instruct my subordinate to visit the spot," she said.

Case for pink parking revival

CONTINUED FROM PAGE 1

an employee of Band Box Dry Cleaners.

He added that the slots previously reserved for women are now used by the traffic police to park seized vehicles as well. The 'ladies/ women parking only' board that was used to indicate the reserved parking area has been replaced with a 'pay and park only' board.

"It has been 18 months since the reservations were revoked. The previous contract included parking facilities for senior citizens as well. However, the new contract does not incorporate those regulations," Khalid Ahmed, a parking attendant at Brigade Road told BM.

Dr Vasundara, an academician, told BM that she tried to park her vehicle in the designated slots several times, but there was no one to monitor the paid parking slots. "Only five among the 15 slots were available for women in the entire area. I have seen men utilising the benefits of pink parking at Brigade Road," she said.

According to building owner Khalid Mahkri, the concept of pink parking was not followed as a norm and was not adhered to for a long time. "The problem was, women were not aware of the designated slots available for them. The entire concept of pink parking disappeared a month after it was launched," he said.

"We are working on a plan to revamp the existing pay-and-park system across the city. The roads in the core area including Brigade Road will have a new agency manning the parking lots. At present, there is no plan to reserve parking slots for women as introduced previously. We did not get any request from women either," a senior BBMP official said.

Covid: Health Dept asks BBMP to take preventive steps

Following the Centre's instruction to Karnataka to step up vigil, Health and Family Welfare Department's Principal Secretary TK Anil Kumar has sent a letter to BBMP Chief Health officer and Deputy Commissioners to maintain a strict watch and take preventive action in areas of concern to control emerging spread of Covid-19 infection in the districts.

The letter stated: "Karnataka has observed a significant decline in the number of Covid-19 cases in the recent past. However, a rise in cases has been noted since past few weeks i.e. 493 cases in the week ending March 8, 202, have increased to 604 in week ending March 15, 2023 with a positivity rate of 2.77% which is higher than India's rate of 0.61% during the same period. Shivamogga, Kalaburagi, Mysuru and Uttara Kannada have shown the maximum increase in weekly cases. The current state of affairs in the state demands for an in-depth examination of the Covid-19 situation at micro level and implementation of necessary measures for effective management of Covid-19. The five-fold strategy viz., Test, Trace, Track, Treat, and Vaccination recommended by the Govt. of India should be followed by districts with continued focus. Monitoring of

'Current state of affairs in state demands for an in-depth examination of the covid situation at micro level'

Influenza-like illness (ILI) and SARI cases in all health facilities on a regular basis for detecting early warning signals of the spread of infection. Genomic sequencing for prescribed samples of international passengers, collection of samples from sentinel sites (identified health facilities), and local clusters of cases as per prescribed protocol. Covid Appropriate Behavior (CAB) including masking particularly in enclosed spaces and in crowded spaces should be encouraged."

BEFORE THE HON'BLE LXXXVI ADDL. CITY CIVIL & SESSIONS JUDGE – COMMERCIAL COURT (CCH-87), AT BENGALURU

Commercial Execution Petition No.3271/2019

Between: M/s. VSL Steels Limited
A Company incorporated under Indian Companies Act, 1956, having its registered office at # 539, Ashwini Complex 4th Floor, CMH Road, Indiranagar Bangalore-560 038 ...Decree Holder

And: 1. M/s. B.C. Infrastructure and Resource Company
A Partnership Firm having its office at: BDO No. 319, Ward No. 22, Megha House, Near Netaji School, Aravind Nagar, Hospet-583 201

Represented by its partners: 2. Sri C. Anil Rajashekar S/o. Sri.Bhaskar Rao, Aged about 46 years, **Partner, M/s. B.C. Infrastructure and Resource Company** BDO No. 319, Ward No. 22, Megha House, Near Netaji School, Aravind Nagar, Hospet- 583 201 Also at: R/a #101, Wishleigh Manor, Rustumbagh Road, Near BBMP Municipal, Beside Manipal Hospital, Bengaluru North– 560017

3. Sri B. Nagendra S/o. late Anjaneyalu, Aged about 50 years, Partner of M/s. B.C. Infrastructure and Resource Company, No. 18/A, 176, Ward No.20, 1st Cross, Nehru Colony, Bellary-583 101 Also at: Flat No.F5, First Floor, No.31 (Old No.31/1A) Rama Ashraya Apartment,Seenappa Layout, New BEL Road, Bengaluru-560094 ...Judgment Debtors

(1) Arisen out of O.S.NO.53/2013, decided by the Hon'ble Senior Civil Judge and JMFC, Hiriyur, in which M/s. VSL Steels Limited was the Plaintiff and M/s. B.C. Infrastructure and Resource Company, Sri. C. Anil Rajashekar and Sri. B.Nagendra were the Defendants.

PROCLAIMATION OF SALE UNDER ORDER 21 RULE 66 OF THE CODE OF CIVIL PROCEDURE, 1908

Notice is hereby given that, under Rule 64 of Order XXI of the Code of Civil Procedure, 1908, an Order has been passed by this Court on 03/03/2023 for the sale of the attached property mentioned in the annexed Schedule below, in satisfaction of the claim the decree-holder in the suit mentioned above marginal No.(1), amounting with costs and interest upto date of sale to the sum of **Rs.6,81,37,665/- (Rupees Six Crores Eighty One Lakhs Thirty Seven Thousand Six Hundred and Sixty Five only).**

The sale will be by public auction, and the property specified in the Schedule 'B' hereunder will be put up for sale. The sale will be of the property of the Judgment-Debtor No.3 above named, as mentioned in the Schedule 'B' below, and the liabilities and claims attaching to the said property, so far as they have been ascertained, are those specified in the Schedule.

In the absence of any order of postponement, the sale will be held by the officer assigned by the Court via spot-sale (public auction) commencing at 11 AM to 4 PM on 06/04/2023 at the Schedule property; in the event, however, if the debt above specified and of the costs of the sale being tendered or paid before the knocking down/bidding of the property for sale, the sale will be stopped.

At the sale, the public generally are invited to bid, either personally or by duly authorised agent. All the terms, conditions and the rules of the auction-sale shall be as per Order 21 read with Appendix-E, Form 29 of the Code of Civil Procedure, 1908.

CONDITIONS OF SALE

1. The particulars specified in the Schedule below have been stated to the best of the information of the Court, but the Court will not be answerable to any error, mis-statement or omission in this proclamation.
2. The amount by which the biddings are to be increased shall be determined by the officer conducting the sale. In the event of any dispute arising as to the amount of bid, or as to the bidder, the schedule property shall at once be again put up to auction.
3. The highest bidder shall be declared to be the purchaser of the Schedule 'B' property, provided always that he is legally qualified to the bid and provided that it shall be in the discretion of the Court or Officer holding the sale to decline acceptance of the highest bid when the price offered appears so clearly in adequate as to make it advisable to do so.
4. For reasons recorded, it shall be in discretion of the Officer conducting the sale to adjourn it, subject always to the provisions of Rule 69 or Order XXI.
5. The Schedule 'B' property being an immovable property, the person declared to be the purchaser shall pay immediately after such declaration a deposit of 25% on the amount of his purchase-money to the Officer conducting the sale, and in default of such deposit, the Schedule 'B' property shall be forthwith be put up again and resold.
6. The full amount of purchase-money shall be paid by the purchaser before the Court closes on the 15th (Fifteenth) day after the sale of the Schedule 'B' property, exclusive of such, day, or if the fifteenth day be a Sunday or other holiday, than on the first office day after the fifteenth day.
7. In default of payment of the balance of purchase-money within the period allowed, the Schedule 'B' property shall be resold after the issue of a fresh notification of sale. The deposit, after defraying the expenses of the sale, may, if the Court thinks fit, be forfeited to the Government and the defaulting purchaser shall forfeit all claims to the Schedule 'B' Property or any part of the sum for which it may be subsequently sold.

Given under my hand and the seal of the Court, this 15th day of March, 2023

SCHEDULE OF PROPERTY

1. No. of Lots : 1 **2.Description of Property:**

SCHEDULE 'A' PROPERTY

All that property bearing No.31(Old No.31/1A) situated at Seenappa Layout, Near BEL Road,Devasandra, Bangalore-560 094; measuring **East to West: 51 Ft.** and **North to South:133 Ft.** and bounded by: **East by:** Private Property; **West by:** Private Property **North by:** 40 feet wide Road & **South by:** Private Property

SCHEDULE 'B' PROPERTY

All that piece and parcel of the immovable property being a residential apartment bearing No.F5, First Floor, Rama Ashraya, Seenappa Layout, New BEL Road, Bangalore-560 094 with RCC Roofing and vitrified tiles flooring, constructed in Schedule-'A', admeasuring about1580 Sq.Ft Super built-up area together with the right to one covered Car Parking Space bearing No.F5 along with 518.5 Sq.Ft. of undivided share, right in Schedule 'A' Property.

2. Name of the Owner and value of the property to be sold:

The abovementioned Schedule 'B' property as on this day stands in the name of Judgment-Debtor **No.3 – B.Nagendra, S/o, late Anjaneyalu,** aged about 50 years. The value of the property is determined at **Rs.93,45,040/- (Rupees Ninety Three Lakhs Forty Five Thousand and Forty only)** as per the guidance value dated 01/01/2019, issued by the Central Valuation Committee, and as provided by the Decree Holder.

3. Detail of any encumbrances and/or Claims to which the above property is liable: Nil.

Spot Sale : 06.04.2023 **By the Order of Court**
Court Sale : 20.04.2023 **Sd/- Sheristedar**

COLOMAH

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personal

CHANGE OF NAME

I, VISWAJEET RAI, S/o, Vijay Rai and Residing at A0503, Rmz Galleria Residency, Opp Yelahanka Police Station, Yelahanka, Bangalore 560064, Karnataka, India have changed my name to VISHWAJEETH RAI vide Affidavit dated 14.03.2023 sworn before notary B V Nagabhushana, Bangalore.

I Gopinatha Katti Shastry S/O, Shankara Katti Shastry R/o No.19/20, 11th Cross, Near Nemmadi Vishranthi Dhama, Vidyamanyanagar, Andrahalli, Bangalore -560091. have changed my name to Gopinath Katti Shastry vide affidavit dated 15.03.2023 sworn before Notary M.K.Devaki, Bangalore.

I NIKHIL KORWAR S/o. Mohan Korwar, R/o Flat No 305, INDU HEIGHTS SOUTH BLOCK, 3rd Floor, Vammanna Road, Kaggadasapura, Bangalore-560093, have changed my name from NIKHIL to NIKHIL KORWAR for all future purposes.

I Ayisha Parveen W/O, Mahamood Shariff R/o # 28 Ground Floor, 6th B Main Road, Appanna Block, Kauser Nagar, R T Nagar, Bengaluru, have changed my name to Syeeda Ayisha Parveen

I Jogaram R/o No-10, Shanbhog, near cottonpet police station, venkatagpa lane, chickpet, B'luru 560053 have changed my name to Jogaram Purohit for all purposes

I, Basavaraj Amresh Nagur S/o A.G.Nagur R/o A306, ILIFE Apts, Deverabeesanahalli, Bengaluru have changed my name to Basavaraj Amarappa Nagur for all future purposes

I, Chaitanya B V S/o B G Vijaykumar R/o #20 , 4th Cross , Chowdaiah Block , R T Nagar B'lore-560032 have changed my name to Chaithanya B V.

I, Syed Meer S/o Syed Hussain R/o #3, 11th cross, LBF Rd, HS lane Doddamavalli B'lore-560004 have changed my name to Syed Pyarejan.

I, Lokesh S/o Babu Rao R/o 9-9-37/1,Basavajyothi , Brahma - pure Colony Bidar-585401 have changed my name to Lokesh Halle for all purposes.

I, SANGEETA W/o Chhaganlal Purohit R/o #24 ,8th Cross , Cubbonpet B'lore-560002 have changed my name to SANGEETA PUROHIT.

I, CHHAGANLAL S/o Himta Ram R/o #24 ,8th Cross , Cubbonpet B'lore-560002 have changed my name to CHHAGANLAL PUROHIT.

I, KAVITHA D/o Chhaganlal Purohit R/o #24 ,8th Cross , Cubbonpet B'lore-560002 have changed my name to KAVITA PUROHIT.

allo

#AskThe 'S'EXPERT

1 Been having nightfall daily for past four years, what can be done?

'Nightfall' aka wet dreams or sleep orgasm is normal and harmless. It could be caused by a full bladder, prolonged absence of sexual activity, stress, inadequate ejaculation and so on. This does not mean that you have any disorder. However, if you're experiencing excessive or frequent nightfall, it may be a sign of an underlying health issue, such as an overactive thyroid, stress, or an infection. In some cases, it can also be a side effect of certain medications or substances.

2 What can I do to increase chances of pregancy?

A woman's menstrual cycle plays a crucial role in determining the best time to get pregnant. A woman is most fertile during ovulation when an egg is released from the ovary. Ovulation occurs about 14 days after the start of the menstrual cycle. To increase the chances of getting pregnant, it's recommended to have regular intercourse during this period, which is a few days before and after ovulation.
Maintaining a healthy lifestyle and reducing stress is recommended to ensure healthy sperm count. Any kind of sexual intimacy or pregnancy, must be done only with mutual consent.

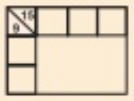
Ask anonymously or read more allo.health/ask

SOLVE IT IN A MINUTE

The 2 digits in Bob's age add to 10. In 8 years they will add to 18. How old is Bob now?

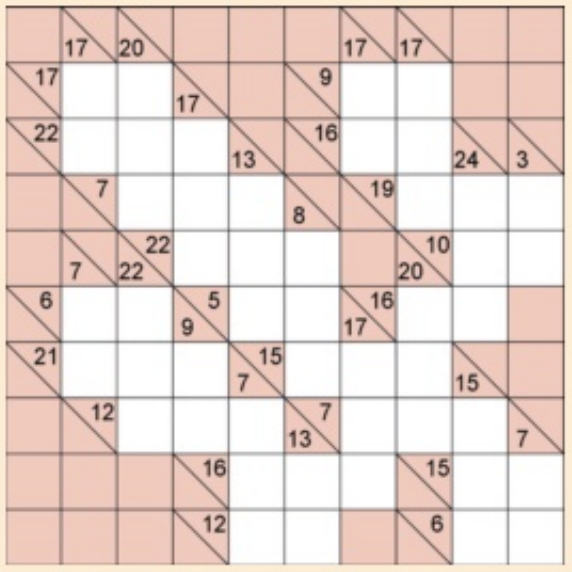
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

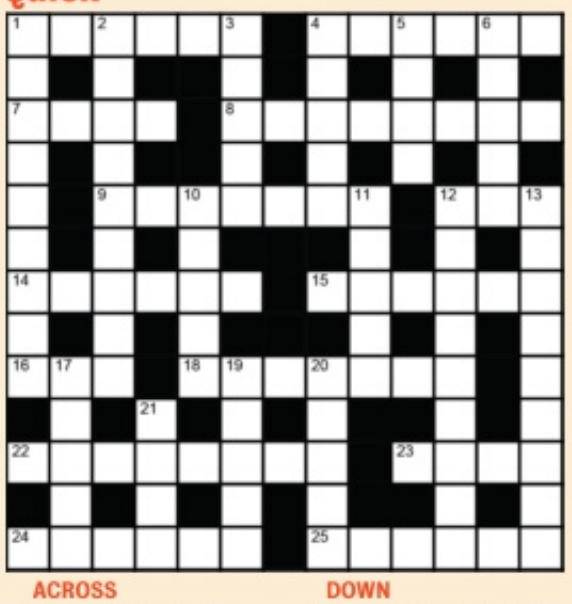


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Two-headed muscle (6)
4 Karnataka's royal city (6)
7 Intend or imply (4)
8 Bombardments from aeroplanes (3,5)
9 Deals with (7)
12 Table scrap (3)
14 Pulsates (6)
15 Bovine ruminants (6)
16 Scoundrel (3)
18 Small wood (7)
22 Field gun (8)
23 Ex-Indian captain ___ Contractor (4)
24 Dotes upon; loves excessively (6)
25 Candy (6)

DOWN

1 Inflated, high sounding (9)
2 Leased or hired (9)
3 Loose or limp (5)
4 Queen of France ___ Antoinette (5)
5 Tiff (4)
6 More discourteous (5)
10 Of three dimensions? (5)
11 Guru in our country (5)
12 Intent on gain, slang usage? (2,3,4)
13 Treatments for diseases or disorders (9)
17 Audibly (5)
19 Seeps or drains out (5)
20 Capital of France (5)
21 Jetty (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS S

DPOOBFCMM JCMBTCM FKU BF OKMMCMMBKFM, PFT FKU BF SKNT, DPOOBFCMM TGC-NNM BF UDC MKAN.

Linemaro

You have amazing knee caps

Mindchow

Every generation aughs at the old fashions, but religiously follows the new

Joke of the day

"Knock, Knock"
"Who's there?"
"Doorbell repair man"

Loop

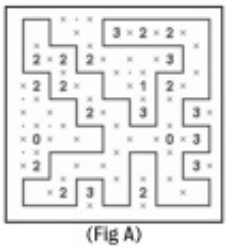
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

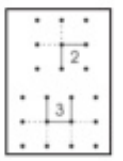
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

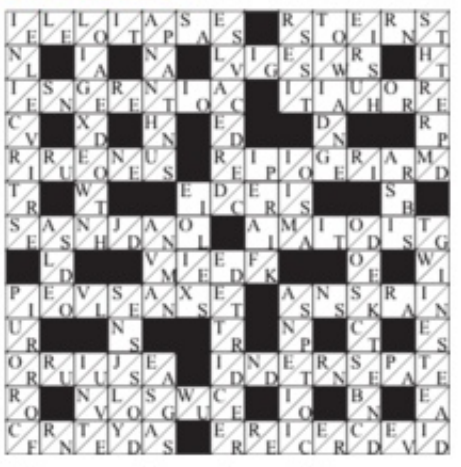


(Fig A)



(Fig B) Not Allowed

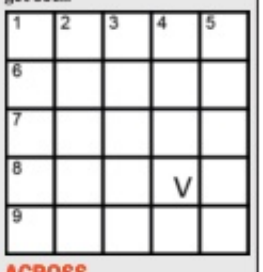
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

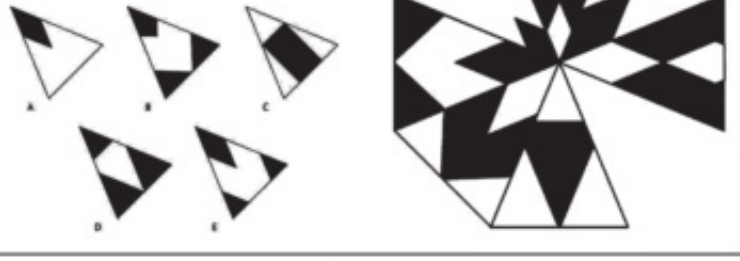
1 Lapse; 6 A gait;
7 Lay is; 8 Aleve;
9 Ruble

DOWN

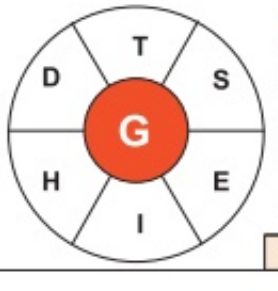
1 List B; 2 Lease;
3 Pauli; 4 Ave Ga;
5 Early

Mensapuzzle

Which is the missing segment?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

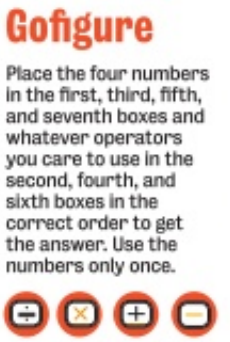
SudokuChallenge

		5		8		2		
1	4		3		7		9	6
		7				3		
	3		1		8		7	
7								9
	2		7		5		3	
		6				5		
4	8		5		2		6	1
		3		4		9		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 19
1 3 6 9

Medium = 24
4 5 7 7

Hard = 13
2 4 8 3

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

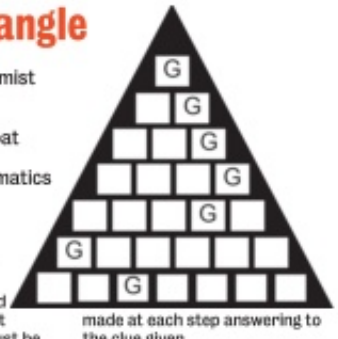
Differences: 1. Computer screen is smaller. 2. Fingers are not showing. 3. Paper is longer. 4. Computer cord is added. 5. Drawer is larger. 6. Chair is wider.

Riddler

Why is the letter like a noon?

Alpha triangle

1 Gravity, symbol
2 Silver for the chemist
3 Cloth fragment
4 Talk boastfully
5 Flat-bottomed boat
6 Distort
7 Branch of mathematics



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
"I suppose veggie burgers don't taste bad if you put enough stuff on them. We got any hot fudge and whipped cream?"
POTATO CHIPS
"You should be glad I'm dull. All the exciting guys are getting divorced!"
"I dislocated my shoulder. If it's not better in a week or two, I'll go see a doctor."
"Our computer is Y2K compliant, but it's going on strike January 1st in support of the others."
"They just added 'husbands' to the endangered species list!"
BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
HOLY MACKEREL!
YEAH.
THESE THINGS GET MORE EXPENSIVE EVERY YEAR.
FOR SURE.
ARE WE REALLY GOING TO TIE SOMETHING THIS EXPENSIVE TO THE TOP OF THE VAN AND LET IT THRASH AROUND IN THE WIND AND RAIN?
WHAT CHOICE DO WE HAVE?
the AMAZING SPIDER-MAN
Stan Lee
THWIP!
WHAT'S GOING ON?
WHAT'S THE MATTER, DOC? NEVER SEEN A MOBTAGE BEFORE?
THE SO-CALLED "IRONSTAR" JOB? WATCHED WHILE YOUR PATIENT GETS INJECTED WITH POISON!
—OR I FILL YOU FULL OF LEAD!
YOU'VE BEEN WATCHING TOO MANY GANGSTER MOVIES!
SPIDER-MAN!? YOU WEBBED THEM BOTH! SURE, I'M COOL!
ACTUALLY, I GOT ARM A MAN/SECOND BEFORE I GOT MEH?
THAKK
AND I'LL GET ARM A SPLIT SECOND BEFORE I—
NO! I GOT MEH?
WHOK
WANTED - THE MASTERMIND BEHIND THE ATTACK!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be very happy and busy at work. Your seniors may appreciate your work and you may likely have some changes in your place, position, or responsibilities at work, such as promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions regarding marriage with the help of relatives or friends.

Taurus Apr 21 – May 20
Today, the messy situation from the last few days is under control, and you are blessed by the moon. You may initiate postponed work, and with blessings, you may receive rewards for your hard work. There may be some gains in your business, which may boost your finances. You may spend money on artifacts or literature, and you may also plan an overseas trip.

Gemini May 21 – Jun 21
Today, you may be busy with family issues and exploring extra sources of income in terms of gains. You might take an interest in artifacts, movies, and glamour, which may improve your creativity. Lovebirds have a clear view of their relationships and students may now move forward towards their career goals.

Cancer Jun 22 – July 23
Today, you may not feel well and might have health issues that may affect your professional and domestic life. You may be upset due to your spouse's health issues and your patience may be tested many times. You are advised not to invest in new business projects, or you may face losses. Students are advised to avoid fantasy and focus on their studies.

Leo Jul 24 – Aug 23
Today, you are blessed by the positive moon and you may feel healthy. Old health issues may be cured now. Money that was stuck somewhere may likely be recovered. You may also apply for a loan to buy some luxury items.

Virgo Aug 24 – Sep 23
Today, you may feel very dull, which may make you lazy and careless. You may be unfocused at work, and impatience may negatively affect you. Kids and spouse's health may make you upset. You should avoid making investments in assets. Lovebirds should avoid arguments in family matters.

Libra Sep 24 – Oct 22
Today, you may find negative vibrations around you, which may make you unhappy. You are advised to avoid investing in worthless assets. Your friends may not be supportive today. You should not expect more help from them, or it may make you more upset. You are advised to follow your intuition before making important decisions today.

Scorpio Oct 23 – Nov 22
Today, you may be able to successfully implement business plans with the support of your subordinates. You may be involved in some social or family get-together, which may boost your network. You may go for short business-related travels, which may benefit you in the near future.

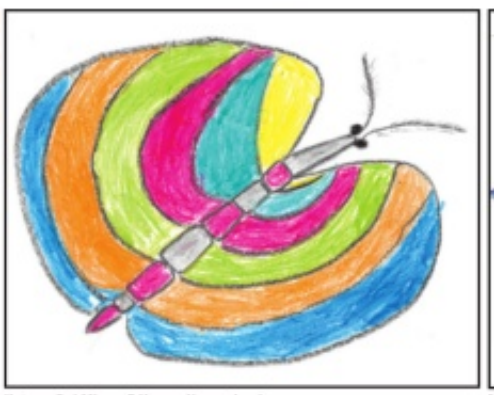
Sagittarius Nov 23 – Dec 22
Today is a good day for you, and your financial health is likely to be good. You may benefit from your past investments and control your spending on worthless stuff, which may boost your savings. Lovebirds are advised to be polite in conversations with their partner; otherwise, there may be conflicts between them.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, making it a good day for you. You have good vitality and energy, and you may enjoy work and romantic moments with your spouse, which may improve family harmony. You are likely to make new plans to start a new project, and your perfectionism may help you design the flow chart. Job aspirants will find a good job, and lovebirds are advised to avoid discussions on worthless topics.

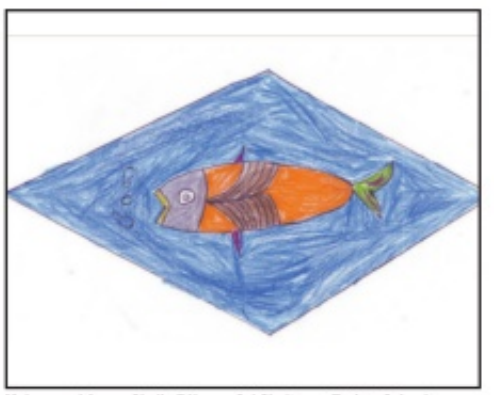
Aquarius Jan 21 – Feb 19
Today, you may be disappointed, and you are advised to control your arrogance. Otherwise, you may face losses due to speaking while talking to anyone. Lovebirds should be careful in their discussions; otherwise, their relationship may be affected.

Pisces Feb 20 – Mar 20
Today, you are blessed by the moon. New sources of income may likely open. Your past investments will now start paying in terms of profits. Your losses will convert into profits, which will boost your financial health. Health issues related to parents may be resolved. Students may hear good news in terms of academics.

KIDZONE



Ketana Pai Mizar, 5 Years, Neevschool



Mohammed Ayaan Sheik, 7 Years, Sri Chaitanya Techno School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
18 can only be achieved when you add 9 with 9 (as single digit). So obviously, 99 is the age after 8 years. Hence 99–8=91 is the present age.

RIDDLER
It's in the middle of the day

BULL'S EYE
dipset, eight, pist, sigh, SIGHTED

FAST FIVE

S	E	P	A	L
T	A	I	G	A
I	S	L	A	Y
L	E	A	V	E
B	L	U	E	R

STRIKE OUT

E	L	L	I	P	S	E	S	T	I	N	T			
L	I		A	V	T	E	W	S	H					
I	N	E	R	T	I	A	T	A	H	O	E			
C	D		H	D		D	N				R			
I	R	O	N	S		E	P	I	G	R	A	M		
T	W		I	D	E	S		B						
S	A	N	D	A	L		A	M	I	D	S	T		
	D			M	E	E	K			E		W		
T	H	R	O	B	S		C	A	T	T	L	E		
	I		E			M		H		R				
	S		U			W		N		H				
	A		T	A	C	K	L	E	S		O	R	T	
	B		R			I		T			E			
M	E	A	N		A	I	R	R	A	I	D	S		
O		H		L		A		P		U				
B	L	I	C	E	P	S		S	W	E	S	O	R	E

QUICK

MENSA PUZZLE
0: so that looking round the octagon at segments in pairs, there are four identical pairs with black/white reversal

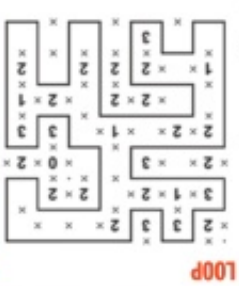
QUOTE UNCODE
Happiness resides not in possessions, and not in gold, happiness dwells in the soul.

SUDOKU

5	7	3	6	4	1	9	8	2
4	8	9	5	3	2	7	6	1
2	1	6	8	7	9	5	4	3
6	2	1	7	9	5	4	3	8
7	5	8	4	6	3	1	2	9
9	3	4	1	2	8	6	7	5
8	9	7	2	1	6	3	5	4
1	4	2	3	5	7	8	9	6
3	6	5	9	8	4	2	1	7

ALPHA TRIANGLE
G, AE, RAE, BRAE, BARGE, GARBLE, ALGEBRA.

LOOP



GO FIGURE
Easy
3 + 6 + 1 + 9 = 19
Medium
5 x 7 – 4 – 7 = 24
Hard
8 x 4 / 2 – 3 = 13

KAKURO

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HEALTH TIP: Mindfulness is a powerful tool to help you connect to your body and the present moment

Not only are oats a versatile and healthy grain, but they also happen to have a lengthy shelf life

BangaloreMirror | 16
Sunday, March 19, 2023
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IN THE SPIRIT OF UGADI

These recipes are traditional must haves on the festive occasion

BALEKAI BAJJI

This is a popular South Indian classic teatime snack made of raw banana

INGREDIENTS

- Raw Banana (peeled): 250 g (2)
- Curd: 2 tbsp
- Green chili (chopped): 1
- Kashmiri chili powder: 1.5 tbsp
- Lemon juice: 1 tbsp
- Salt: To taste
- For the batter
- Gram flour: 4 tbsp
- Rice flour: 2 tbsp
- Turmeric powder: 1 pinch
- Baking soda: 1 pinch
- Water: ½ cup
- Refined oil: For deep frying

Prep Time: 15 mins Cooking Time: 30 Serves 4

METHOD

- Peel and slice the banana into slices of your preference. Ensure that the slices are not too thick.
- In mixing bowl, add curd, chopped green chili and salt. Whisk well and soak the cut bananas in this mixture for 15-20 minutes.
- Drain the curd once the soaking is done, and marinate the raw bananas with kashmiri chili powder, salt and lemon juice.
- Make a smooth batter by mixing together gram flour, rice flour, turmeric, baking soda and water.
- Heat oil in a kadhai for deep frying.
- Dip the banana in batter and fry in hot oil over medium flame. Fry until golden and crisp on the outside. Fry in small batches. Strain the fried bhajjis and keep on an absorbent kitchen paper to drain of the excess oil if any.
- Serve hot with coconut chutney.

SOREKAI PAYASA

A Karnataka style payasa made with bottle gourd which is delicious and easy to make

INGREDIENTS

- Bottle Gourd (peeled & grated): 1 medium sized (300 g)
- Ghee: 3 tbsp
- Cashewnuts (broken): 3 tbsp
- Almond (chopped): 1 tbsp
- Green cardamom (crushed): 1
- Milk: 1¼ cup (300 ml)
- Coconut milk: 4 tbsp
- Sugar: 3 tbsp

Prep Time: 15 mins Cooking Time: 20 Serves 4

METHOD

- In a small kadhai, heat ghee over a medium flame. Add cashew nuts, almonds and fry until golden and keep aside.
- Add bottle gourd in the same kadhai and sauté for 5-6 minutes over slow flame.
- Add crushed green cardamom, milk, sugar and coconut milk. Allow it to cook for 8-10 minutes over low flame.
- Once the bottle gourd is soft, add some of the almonds and cashew nuts and reserve some for garnish. Mix well. Take it off the flame once the mixture has thickened to a creamy consistency.
- Serve warm, garnished with fried cashewnuts.

GOREKAI PALYA

A spicy cluster bean dish which is a perfect vegetarian accompaniment with the main course

INGREDIENTS

- Cluster beans: 300 g
- Byadgi chili: 1
- Refined oil: 1 tbsp
- Mustard seeds: ½ tsp
- Gram dal: 1 tsp
- Onion (chopped): 1
- Turmeric powder: 1 pinch
- Grated coconut: 5 tbsp
- Salt: To taste
- Fresh coriander (chopped): 1 tbsp

Prep Time: 15 mins Cooking Time: 20 Serves 4

METHOD

- Wash and dry the cluster beans. Cut into half an inch pieces. Boil for 4-5 minutes in salted boiling water. Strain and add to a bowl of iced water. Discard the water once the beans have cooled down
- In a small kadhai, heat refined oil over a medium flame.
- Add mustard seeds, once they start crackling; add gram dal, torn byadgi chili. Sauté until fragrant. Add chopped onion and cook until lightly golden in colour.
- Add turmeric and cook for another minute. Add the boiled beans, sauté until hot.
- Add salt, grated coconut and continue sautéing for a few minutes or until everything is mixed well.
- Serve hot garnished with chopped coriander.

By Chef Dinesh Pojari, Junior Sous Chef, Oota, Bengaluru

All problems solved

Dear Coleen

I'm a woman aged 32 and I've had the whirlwind relationship of whirlwind relationships.
I met my partner at a party just before Christmas, fell madly in love, and now I've discovered I'm pregnant.
I'd been single for quite a long time and was at the stage of thinking I'd never meet anyone and would end up single and childless for the rest of my life. Then this guy came along and I instantly fell for him.
He's a couple of years younger and very funny and carefree, which I love. He moved in with me in February and we couldn't be happier. The pregnancy was a shock, but we're getting our heads around it.
My problem is, a few of my friends and my mum are putting doubts in my head. They've all said my partner is nice and they're happy for me, but keep telling me to slow down and put the brakes on. It's driving me mad and spoiling things for me. Why can't they just be happy for me?

COLEEN SAYS

Why don't you tell them you don't know the answer to these questions, but right now you're in a good place and want to make a go of it. Tell them you're happy and you need them to be happy for you, too.
Here's the thing, even if you've been dating someone for a while and know each other really well, there's no guarantee the relationship will work out in the long run. The best advice I can give you is that when your baby comes along, find time to be together as a couple, really getting to know each other. Congratulations and good luck.

—Coleen Nolan, Daily Mirror